

National Lightning Safety Awareness Week  
June 22 to 28, 2014

The week of June 22<sup>nd</sup> is National Lightning Safety Awareness Week.

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, ***“When Thunder Roars, Go Indoors.”*** Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the United States.

Summer is the peak season for lightning. Though lightning strikes peak in summer, people are struck year round. In the U.S., an average of 53 people are killed each year by lightning, and hundreds more are severely injured.

Here are some tips to be safe from a lightning strike inside the home:

- When you hear thunder, *immediately* move to safe shelter; a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.
- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors and do not lean against concrete walls.

If you are caught outside ***with no safe shelter anywhere nearby*** the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)